

March

Morning Journaling

S	M	T	W	T	F	S
1 What spring means to you.	2 Your top three goals for spring.	3 Experiences you want more of this year.	4 Something you'll say 'yes' to more of this year.	5 Goals from the start of the year you can revisit for the new season.	6 Something you want to read more of or about this month.	7 Beautiful moments of spring you'll be present for.
8 A woman who inspires you and why.	9 Ways you show strength in everyday life.	10 Something positive you're going to organize this spring.	11 Places you want to visit this spring.	12 Ways you can have more time in nature to appreciate the beauty of spring.	13 Small wins today that can make next week easier.	14 Ways you make the second half of the month matter.
15 Areas or spaces in your home that bring you joy.	16 What an 'inspiring home' would look like for you.	17 Simple ways to make your home feel peaceful.	18 Simple ways to bring more color into your home.	19 Ways to make your home more comfortable for your hobbies.	20 Routines that could help keep the house tidy and cozy.	21 What your favorite evening at home looks like.
22 Ways you can care for the environment in your local area.	23 One simple way you can make today purposeful.	24 Something you keep saying 'I'll do when...' that you can do today.	25 Positive things you can say to yourself when things aren't going as planned.	26 Relaxing 5-10 minute habits you could add to your nighttime routine.	27 Things you could wake up to in the morning to inspire you.	28 Words you associate with 'happiness'.
29 Beautiful things you'll proactively try to notice more.	30 Ways to make the most of the lighter nights.	31 Routines and successes from the month you can take into April.	1	2	3	4

